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# Influence of tart cherry juice on indices of recovery following marathon running

G. Howatson <sup>1,4</sup>, M. P. McHugh <sup>2</sup>, J. A. Hill <sup>3</sup>, J. Brouner <sup>4</sup>, A. P. Jewell <sup>5</sup>, K. A. van Someren <sup>6</sup>, R. E. Shave <sup>7</sup>, S. A. Howatson <sup>4</sup>

<sup>1</sup> School of Psychology and Sport Sciences, Northumbria University, Newcastle upon Tyne, UK,

<sup>2</sup> Nicholas Institute of Sports Medicine and Athletic Trauma, Lenox Hill Hospital, New York, USA,

<sup>3</sup> St. Mary's University College, Twickenham, UK,

<sup>4</sup> School of Life Sciences, Kingston University, Kingston-upon-Thames, UK,

<sup>5</sup> Faculty of Health and Social Sciences, St. George's Medical School, London, UK, <sup>6</sup> English Institute of Sport, Marlow, UK,

<sup>7</sup> Centre for Sports Medicine and Human Performance, Brunel University, Uxbridge, UK

## KEYWORDS

Recovery • inflammation • muscle damage • antioxidants • Montmorency cherries

## ABSTRACT

This investigation determined the efficacy of a tart cherry juice in aiding recovery and reducing muscle damage, inflammation and oxidative stress. Twenty recreational Marathon runners assigned to either consumed cherry juice or placebo for 5 days before, the day of and for 48 h following a Marathon run. Markers of muscle damage (creatine kinase, lactate dehydrogenase, muscle soreness and isometric strength), inflammation [interleukin-6 (IL-6), C-reactive protein (CRP) and uric acid], total antioxidant status (TAS) and oxidative stress [thiobarbituric acid reactive species (TBARS) and protein carbonyls] were examined before and following the race. Isometric strength recovered significantly faster ( $P=0.024$ ) in the cherry juice group. No other damage indices were significantly different. Inflammation was reduced in the cherry juice group (IL-6,  $P<0.001$ ; CRP,  $P<0.01$ ; uric acid,  $P<0.05$ ). TAS was ~10% greater in the cherry juice than the placebo group for all post-supplementation measures ( $P<0.05$ ). Protein carbonyls was not different; however, TBARS was lower in the cherry juice than the placebo at 48 h ( $P<0.05$ ). The cherry juice appears to provide a viable means to aid recovery following strenuous exercise by increasing total antioxidative capacity, reducing inflammation, lipid peroxidation and so aiding in the recovery of muscle function.